

CELEBRATING KWANZAA

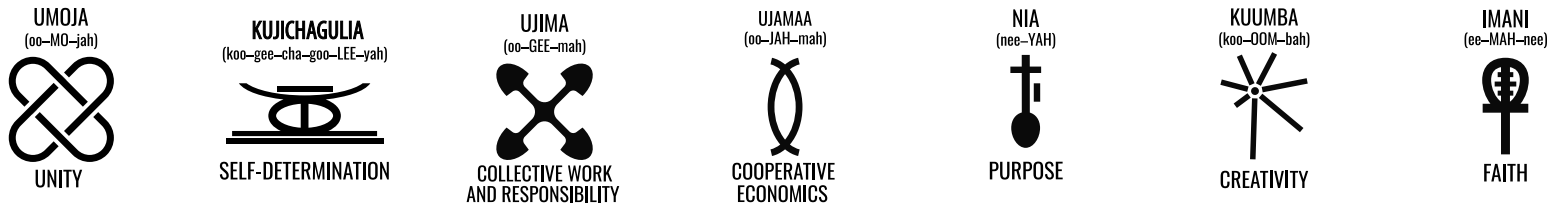
DECEMBER 26–JANUARY 1



The word Kwanzaa
comes from the Swahili phrase
“matunda ya kwanza,” meaning
“first fruits” or “first harvest.”

Join us in celebrating **Kwanzaa**, a week-long festival honoring African American culture, heritage, and values. Established in 1966 by **Dr. Maulana Karenga**, Kwanzaa is rooted in African traditions and guided by the **Nguzo Saba**, the **Seven Principles** that inspire unity, empowerment, and cultural pride.

Kwanzaa is observed annually from **December 26 to January 1**, with each day dedicated to one of the Seven Principles.



DAY 1: UMOJA (UNITY)

Cook alongside A Taste of African Heritage ambassador [Claire Richardson's Kwanza Class](#) centering food, health, and celebration. Food has the power to unify!

DAY 2: KUJICHAGULIA (SELF-DETERMINATION)

Explore the African diaspora through educational resources like Oldways A Taste of African Heritage [e-course](#). Interview family members about recipes and traditions to understand how our past helps shape our future.

DAY 3: UJIMA (COLLECTIVE WORK AND RESPONSIBILITY)

Cook a recipe from A Taste of African Heritage as a group—assign tasks, collaborate, and enjoy the fruits of your teamwork.

DAY 4: UJAMAA (COOPERATIVE ECONOMICS)

Bring A Taste of African Heritage to your community! Become an instructor through our free teacher training and share this empowering program.

DAY 5: NIA (PURPOSE)

Define your purpose in the culinary space. There are many paths: chef, restaurateur, food historian, nutritionist, food blogger, community gardener, and more.

DAY 6: KUUMBA (CREATIVITY)

Create your own recipe inspired by the curriculum. Style your dish beautifully or record yourself preparing an African heritage meal.

DAY 7: IMANI (FAITH)

Celebrate the strength, resilience, and values of your family and community. Honor these traditions through food, heritage, and storytelling.



Visit us at OldwaysPT.org

Find these delicious traditional dishes at OldwaysPT.org/recipes



OLDWAYS JOLLOF RICE WITH BLACK-EYED PEAS

This is a much-loved traditional dish in West Africa, and it is the underpinning of Senegal's national dish *thiebou dienn*, a meal of red rice and fish. Its name is derived from Senegal's Wolof Empire and it is one of many tomato-based rice dishes found in African heritage.



CHICKEN YASSA

Searing or grilling the chicken and caramelizing the onions brings smokey, sweet flavors to this Senegalese favorite. A scotch bonnet chili is often added for heat, and green olives are a common garnish.



BLACK BEANS & BROWN RICE

A staple pair throughout the African diaspora, beans-and-rice can be enjoyed separately or together to round out any meal. Time saving tip: prepare extra brown rice and store the leftovers in the refrigerator or freezer for another meal.



MOQUECA DE PEIXE (BRAZILIAN FISH STEW)

Hearty and comforting, this seafood stew comes from Bahia in northern Brazil. The dish, pronounced "moo-KAY-ka duh PAY-shuh," can be served as is or over rice, and also goes perfectly with a watercress salad.



HEALTHY HOPPIN' JOHN

Black-eyed peas are an easy dry bean, with no pre-soaking needed. For an even quicker dish, use drained and rinsed canned peas and quick cooking or leftover brown rice.



PECAN-CRUSTED CATFISH

A healthier alternative to deep-fried catfish. The pecan coating adds a great crunch while still keeping close to its Southern roots. Serve with a baked sweet potato, and Oldways' recipes Okra and Corn Mixup, and Brown Rice Pudding.



BROWN RICE & RED BEANS IN LIGHT COCONUT MILK

A Caribbean staple, this Red Beans & Rice recipe includes coconut milk, which gives the dish a creamy, flavorful finish. Serve with Oldways' recipe Sautéed Spinach in Garlic, and sliced papaya.



GRILLED SNAPPER & MANGOES WITH LIME- CILANTRO VINAIGRETTE

An island-inspired dish, red snapper is grilled and topped with sweet mango and a tangy citrus sauce. Serve with green beans and sliced red peppers.



AFRICAN PEANUT SOUP

Great textures and flavors of garlic, tomato, green peppers, chili powder, peanut butter, and cilantro combine in this comforting traditional soup from western Africa. Enjoy it as a starter or as a light meal.



SOUTH AMERICAN VEGETABLE AND RICE SOUP

This hearty soup blends the best of Caribbean soup ingredients—black beans, tomato, and rice—all in one. The rich tomato base wraps the vegetables, beans, and rice in herb-filled flavor.



QUICK SHRIMP GUMBO

A classic southern gumbo usually starts with a roux, made by slowly browning flour and oil. This version uses a number of shortcuts to reduce the cooking time and make preparation a snap. Options: add chicken sausage or omit the shrimp for a vegetarian version.



OLDWAYS HEARTY PUMPKIN SOUP

Several varieties of pumpkins can be found throughout the Caribbean. We used curry and cinnamon spices, and skipped the fire-hot peppers, to make this milder, warmer version of curry pumpkin soup.

LEARN MORE ABOUT OLDWAYS' AFRICAN HERITAGE DIET AND PROGRAMS

The African Heritage Diet is a way of eating based on the healthy food traditions of people with African roots. This healthy way of eating is powerfully nutritious and delicious, and naturally meets the guidelines experts recommend for supporting good health.

For more inspiration, check out our [free African Recipes](#), [Diaspora Food Glossary](#) or our [A Taste of African Heritage cooking classes](#)! Learn more about becoming [A Taste of African Heritage Ambassador](#). Oldways' mission is to Help People Live Healthier, Happier Lives.